

TRAINING SCHEDULE SPRING 2007

SELF-HELP TRAINING

March 30-31, 2007

Fri. & Sat. 8:00am-4:00pm

Utah Dept. of Health

Salt Lake City, UT

Contact Audrie at 801-536-

0990 or toll free 800-444-

4993 to register.

SELF-HELP RECERT- IFICATION

April 25, 2007

12:00 - 1:00pm

Boise, ID or via

conference call

Contact Audrie at 801-536-

0990 or toll free 800-444-

4993 to register.

EXERCISE TRAINING

March 31, 2007

9:00am-4:00pm

Salt Lake City, UT

Contact Leslie at 801-536-

0990 or toll free 800-444-

4993 to register.

Leader Link

Keeping Our Leaders Connected



VOLUME 3

SPRING 2007

An Invitation...

With a mission to improve lives through leadership in the prevention, control and cure of arthritis and related diseases, the Arthritis Foundation is the major voice for 1 in 5 Utahns and Idahoans with arthritis. We are dedicated to reaching out and touching lives, making a difference whenever and wherever possible.

Our partner sites and leaders help us do that everyday through our exercise and self-help programs. But we also provide many other fulfilling opportunities for our partners --- *and our class participants* --- to take control of arthritis. We invite you to consider these new ways of becoming involved with the Arthritis Foundation:

Become an Arthritis Foundation Member!

For just \$20 a year, you can help advance the progress of arthritis research and receive the award-winning magazine *Arthritis Today*.

Visit our Website and get the 2007 Drug Guide Online!

Arthritis Today's eagerly anticipated Drug Guide is back. This popular guide to the latest information about arthritis medications will help you talk to your doctor about your treatment choices. <http://www.arthritis.org/conditions/DrugGuide/default.asp>

Form a team for the Arthritis Walk!

By joining us at the Arthritis Walk, you'll be supporting a national awareness effort, while raising money for arthritis research and local programs. Come join the National signature event of the Arthritis Foundation and take control of arthritis.

Salt Lake City, UT: May 5th at Wheeler Farm 10:00 am

Boise, ID: June 2nd at Bronco Stadium 10:00 am

Let your voice be heard, become an Arthritis Advocate! You can make your voice heard and influence government policies that affect over 600,000 people who live with arthritis in Utah and Idaho. Make the Arthritis Foundation's priorities your priorities when communicating with your representative. Every voice big or small counts! Visit our link at http://www.arthritis.org/advocacy/priorities/priorities_contact.asp and sign up today, or call us and we will set you up over the phone: 801-536-0990 or toll free at 1-800-444-4993.

Lead more exercise or self-help classes!

By adding a class to your schedule, you can touch more lives. By becoming certified to lead another program, you can offer even greater expertise. By nominating a class participant to become trained as an instructor, you can share the joy of leadership.

Your Opinion Counts...

We want to know what *you* think of the Leader Link Newsletter! Please watch for a short survey in your email with “Arthritis Foundation Leader Link Survey” in the title. Your participation will help improve future Newsletters, and answers are completely anonymous . Please call us if you have any questions: (801) 536-0990 or (800) 444-4993.

Thank you in advance for your help.



Utah/Idaho Chapter
448 E. 400 S. Suite 103
Salt Lake City, UT 84111

Arthritis Foundation Happenings

Self-Help Leaders Trained in Spanish

Fourteen new leaders from Salt Lake City were trained to teach the Spanish Arthritis Self-Management Program in February. Two classes are in progress, and more are being planned for this year. We are excited to be offering this program to the Spanish speaking community. We would like to thank the Utah Dept. of Health: Arthritis

Program, and Alliance Community Services, for working with us to make this possible.

For more information on this program, and our other services and materials in Spanish contact us at 1-800-444-4993 or visit [Resources in Spanish on www.arthritis.org](http://www.arthritis.org)



New Resources Available for RA & OA



These free resources take you play by play through steps to decrease pain and communicate effectively with your doctor about your arthritis.

Order a free kit today by calling: 1-800-568-4045